

Emotional Exploration Activity

Ages 12–15

Directions:

Write the emotion you would feel next to the sentence.

Happy 😊	Scared 😨	Proud 😊	Confident 💪	Overwhelmed 🤯	Hopeful 🌈
Sad 😞	Excited 🎉	Lonely 😞	Confused 😞	Grateful 🙏	Embarrassed 😳
Angry 😡	Tired 😴	Jealous 😡	Frustrated 😡	Relieved 😌	Worried/Anxious 😟

- You forget your lines during a school play.
- You find out you're moving to a new city and leaving your school behind.
- Your best friend gets the role you wanted in a play.
- You get a high grade on a test you studied hard for.
- Your parents tell you they're planning a family vacation.
- You trip and fall in front of a large group of people.
- You miss the bus and arrive late to school.
- Someone posts a mean comment about you online.
- You're invited to a party where you don't know many people.
- Your team wins the championship game after a close match.
- Your favorite teacher tells you they're leaving the school.
- You spend all night studying but still fail your test.
- A classmate steals credit for a project you worked hard on.
- You get a new pet as a surprise gift.
- You find out your favorite band is performing in your town.
- Your friends make plans without including you.
- You finally master a skill after weeks of practice.
- You overhear your friends talking about you behind your back.
- You feel nervous about presenting in front of the whole school.
- You stay up all night to finish a project and feel exhausted the next day.
- Your sibling eats the last piece of your favorite dessert.
- You're asked to lead a group project, but no one listens to your ideas.
- You're trying out for a team, and everyone is watching your performance.
- You accidentally ruin a friend's art project.
- Your parents plan a surprise birthday party for you.

Emotional Exploration Activity

Ages 12–15

Directions:

Write the emotion you would feel next to the sentence.

Happy 😊

Scared 😨

Proud 😊

Confident 💪

Overwhelmed 🤯

Hopeful 🌈

Sad 😞

Excited 🎉

Lonely 😞

Confused 😞

Grateful 🙏

Embarrassed 😳

Angry 😡

Tired 😴

Jealous 😡

Frustrated 😡

Relieved 😊

Worried/Anxious 😟

- A stranger compliments you on your outfit.
- Your friend breaks a promise and doesn't apologize.
- You donate your old clothes to charity.
- You're about to audition for a big play.
- Your friend tells you a big secret and asks you not to share it.
- You get grounded for something you didn't do.
- You finally save enough money to buy something you've wanted for months.
- You feel left out when your friends talk about a trip you didn't go on.
- You apologize to someone after realizing you hurt their feelings.
- You stand up for a classmate who is being bullied.
- You find out your parents are planning to throw you a surprise graduation party.
- You're invited to join a club you've always wanted to be part of.
- Your sibling borrows something important without asking.
- You can't figure out the instructions for a challenging project.
- Your friend asks how you feel before the big game.
- Your teacher praises your hard work in front of the entire class.
- You're asked to babysit for the first time.
- You see someone drop their wallet, and you return it to them.
- You're chosen to be the team captain for a school event.
- Your classmates cheer for you after you win an award.
- You accidentally spill your drink on someone during lunch.

Emotional Exploration Activity

Ages 12–15

Directions:

Write the emotion you would feel next to the sentence.

Happy 😊	Scared 😨	Proud 😏	Confident 💪	Overwhelmed 🤯	Hopeful 🌈
Sad 😞	Excited 🎉	Lonely 😞	Confused 😞	Grateful 🙏	Embarrassed 😳
Angry 😡	Tired 😴	Jealous 😡	Frustrated 😡	Relieved 😌	Worried/Anxious 😟

- You lose a competition you worked hard for.
- You practice for weeks for a recital, but you make a mistake during the performance.
- You try a new style of outfit.
- You realize you left your homework at home right before class.
- You can't sleep the night before a big exam.
- You sit alone at lunch because you don't see your friends.
- You get asked to the dance by someone you didn't expect.
- Your family plans a road trip, but it gets canceled at the last minute.
- You finish building a difficult model and feel proud of your work.
- You overhear someone saying nice things about you.
- You see your crush talking to someone else.
- You find out your sibling has been borrowing your clothes without asking.
- You finally beat a challenging level in your favorite video game.
- Your parents give you more chores than your sibling.
- You find out your best friend is moving away.
- You apologize to a friend after a big argument.
- You get a part-time job and feel excited to earn your own money.
- You see your favorite celebrity post something encouraging online.
- You are meeting your friend's family for the first time.
- You get rejected from a club or team you really wanted to join.
- You mentor a younger student who looks up to you.
- You miss an important deadline for a school project.

Emotional Exploration Activity

Ages 12–15

Directions:

Write the emotion you would feel next to the sentence.

Happy 😊	Scared 😨	Proud 😏	Confident 💪	Overwhelmed 🤯	Hopeful 🌈
Sad 😞	Excited 🎉	Lonely 😞	Confused 😞	Grateful 🙏	Embarrassed 😳
Angry 😡	Tired 😴	Jealous 😡	Frustrated 😡	Relieved 😌	Worried/Anxious 😟

- You try a new sport.
- Your favorite TV show gets canceled unexpectedly.
- You try cooking dinner for your family, but it doesn't turn out as planned.
- You get a heartfelt thank-you card from someone.
- You forget to invite someone to a group outing.
- You get called on in class.
- You make a mistake at work or on a volunteer project but learn from it.